



Refusing Bullying Safely

Ask yourself, “Is it safe for me to refuse by speaking out?”

These things might make it unsafe to refuse on your own:

- The person bullying you is older or bigger than you.
- More than one person is ganging up on you.
- You have no friends who can help you.
- No adult is nearby.
- You feel trapped.

Remember: Anytime you don’t feel safe, get help from an adult immediately.

Things to Do When Refusing Bullying

1. Check your feelings.

2. Use assertive behaviors:
 - Stand or sit tall.
 - Hold your head high.
 - Look straight at the person who is doing the bullying.
 - Say clear, strong words that mean “Stop!”
 - Label it: “That’s bullying.”

3. Walk away calmly.

Responding to Bullying

Ask, “Is it safe for me to speak out assertively?” Think aloud as you decide.

Now pretend it is safe and practice refusing the bullying.

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